

## MEMORANDUM

TO: Vermont Mental Health Performance Indicator Project  
Advisory Groups and Interested Parties

FROM: John Pandiani  
Bill Bagdon

DATE: October 16, 1998

RE: Practice Patterns in Children's Services:  
Psychotherapy and Case Management

The attached graphs and tables provide a broad-brush overview of variation in the use of two treatment modalities (psychotherapy and case management) among children's services programs in Vermont and changes in these patterns over time. For purposes of this analysis, psychotherapy includes individual, group, and family therapy. Case management includes social support, telephone support, service coordination, treatment planning/care review, collateral contact, collateral phone contact, and specialized rehabilitation services.

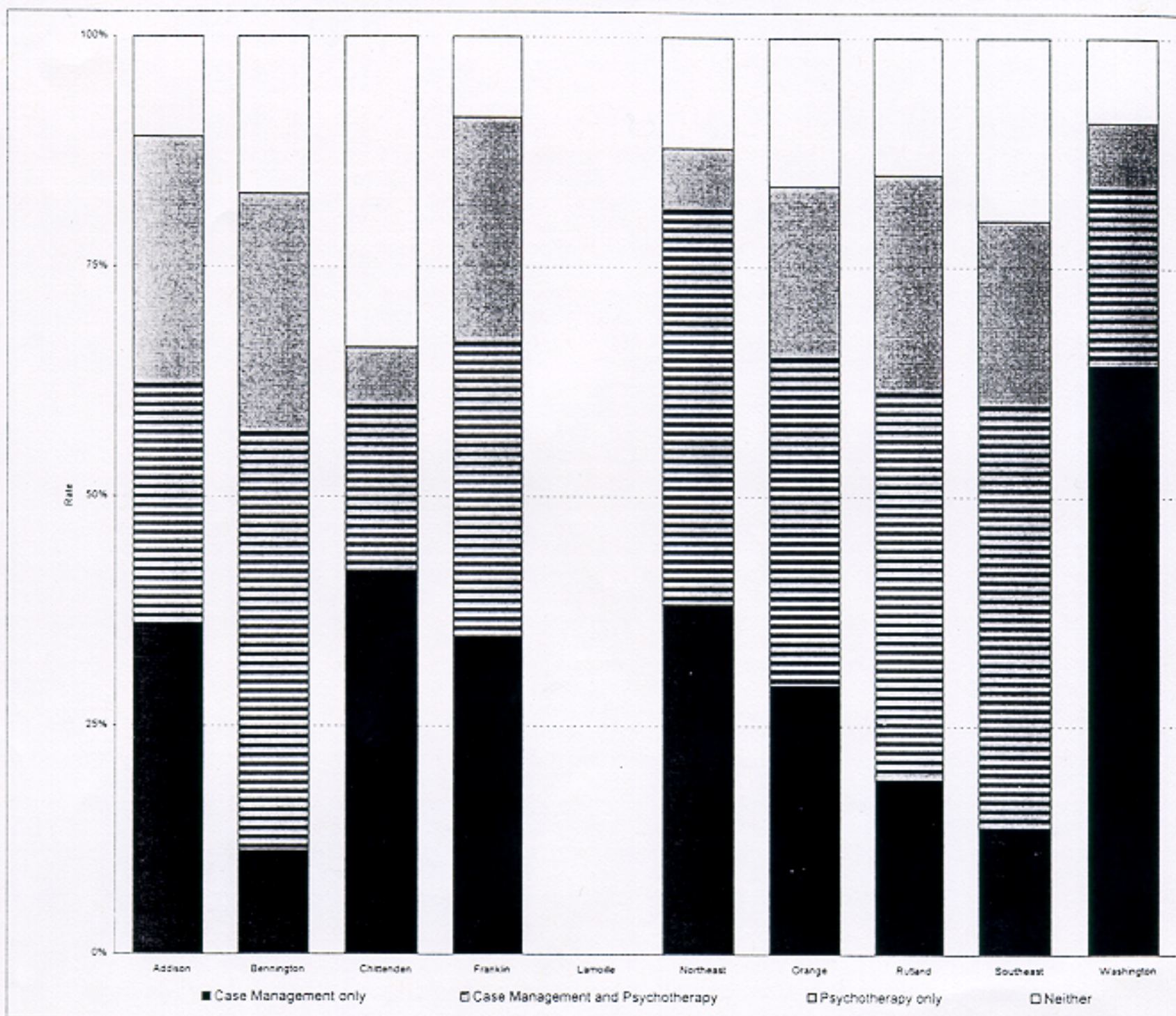
As you will see, there are substantial differences among individual programs in the proportion of children and adolescents who receive these two services (individually or in combination) during the course of a year. Statistical analysis of variance indicates that there were significant differences among programs in the proportion of children and adolescents who received each of the service combinations. Longitudinal analysis indicates that there was a significant increase in the proportion of children who received case management without psychotherapy. The proportion of children and adolescents who received both case management and psychotherapy increased significantly over time. Finally, there was a significant decrease in the proportion of children who received psychotherapy without case management.

We will be especially interested in your observations in two areas. First, do these data reflect real changes in practice patterns, or are they the result in differences in record keeping conventions? Second, if the differences are real, what contributed to the observed change in practice patterns in the treatment of children and adolescents who receive community mental health services on Vermont?

If you have any questions or comments, please send e-mail to [pip@ddmhs.state.vt.us](mailto:pip@ddmhs.state.vt.us), or give one of us a call (802-241-2638 for John, or ...2682 for Bill).



Practice Patterns For Consumers Receiving Different Combinations of Case Management and Psychotherapy  
Children's Services Programs: FY 1998



	Statewide	Addison	Bennington	Chittenden	Franklin	Lamoille	Northeast	Orange	Rutland	Southeast	Washington
Total Served #	7,170	713	479	1,154	510	0	1,009	623	709	1,456	517
Case Management Only	30.6%	36%	11%	42%	34%	0%	38%	29%	19%	13%	64%
Case Management and Psychotherapy	35.1%	27%	46%	18%	33%	0%	43%	36%	42%	47%	19%
Psychotherapy Only	16.6%	27%	26%	6%	24%	0%	7%	19%	24%	20%	7%
Neither	17.6%	11%	17%	34%	9%	0%	12%	16%	15%	20%	9%



# Practice Patterns For Consumers Receiving Different Combinations of Case Management and Psychotherapy

## Children Services Programs: FY1990 - FY1998

